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## **the daily stoic journal pdf**

Terminology. Stoic comes from the Greek *stoa* (στοά), meaning "of the stoa [portico, or porch]". This, in turn, refers to the Stoa Poikile, or "Painted Stoa," in Athens, where the influential Stoic Zeno of Citium taught. In laymen's terms stoicism is sometimes referred to as "suffering in silence", and the ethics associated with that.

## **Stoicism - Wikipedia**

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Meditations (Medieval Greek: *Τὰ εἰς ἑαυτὸν*, translit. *Ta eis heauton*, literally "things to one's self") is a series of personal writings by Marcus Aurelius, Roman Emperor from 161 to 180 AD, recording his private notes to himself and ideas on Stoic philosophy. Marcus Aurelius wrote the 12 books of the Meditations in Koine Greek as a source for his own guidance and self-improvement.

## **Meditations - Wikipedia**

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